## **Stay Active with TRIP Metro North**

You don't drive, but still have places to go and people to see? Using the TRIP program, you can ride with a friend or neighbor (and, in some case, certain relatives) and get to the doctor, the mall, a restaurant – or anywhere else you would like to go. And, your TRIP driver will get reimbursed for mileage used. Mystic Valley Elder Services offers this program to non-driving people aged 60 and older as well as adults living with disabilities who are finding it difficult to get around.

If you use van services provided by the Council on Aging or Christian Community Service, you can still use this program. TRIP is designed to help you get to additional destinations beyond the scope of these resources.

For more information and to apply, call (781) 388-4819.



